THE RECOVERY KERNEL

PROGRESS TRACKER · 12-Month Recovery Arc

Harm Reduction Resource — Not Medical Advice · Crisis: 988

Your Kernel Code: _____ ☐ Estimated ☐ Confirmed

Your Profile: _____ Start Date: _____

Using this tracker is not about perfection. It's about signal — about seeing the direction your system is moving, even when it moves slowly. A single data point tells you where you are. A week of data points tells you which way you're heading. The direction matters more than any single day.

How to Score

Measure	1 =	5 =	10 =
Mood	Rock bottom	Manageable	Solid, stable
Energy	Can't get up	Getting through it	Full and ready
Sleep quality	Terrible, no rest	Some rest	Deep, restorative
Anxiety (lower=better)	Overwhelming	Present but manageable	Rarely present
Craving intensity (lower=better)	Constant, consuming	Noticeable	Minimal or absent
Brain clarity	Total fog	Some function	Sharp, clear

MONTH 1 — Biological Foundation

Week	Mood	Energy	Sleep	Anxiety	Craving	Clarity	Notes
Wk 1	___	___	___	___	___	___	___
Wk 2	___	___	___	___	___	___	___
Wk 3	___	___	___	___	___	___	___
Wk 4	___	___	___	___	___	___	___

Month 1 Supplement Adherence: Methylfolate ☐ B12 ☐ Mg ☐ Theanine ☐ Tyrosine (Warrior) ☐ Other _____

Month 1 Exercise sessions completed: _____ Sleep average: _____ hrs Any illness or significant stressors: _____

Month 1 Biggest win this month: _____

MONTH 2 — Biological Foundation

Week	Mood	Energy	Sleep	Anxiety	Craving	Clarity	Notes
Wk 5	___	___	___	___	___	___	___
Wk 6	___	___	___	___	___	___	___
Wk 7	___	___	___	___	___	___	___
Wk 8	___	___	___	___	___	___	___

Month 2 Supplement Adherence: Methylfolate ☐ B12 ☐ Mg ☐ Theanine ☐ Tyrosine (Warrior) ☐ Other _____

Month 2 Exercise sessions completed: _____ Sleep average: _____ hrs Any illness or significant stressors: _____

Month 2 Biggest win this month: _____

MONTH 3 — Biological Foundation

Week	Mood	Energy	Sleep	Anxiety	Craving	Clarity	Notes
Wk 9	___	___	___	___	___	___	___
Wk 10	___	___	___	___	___	___	___
Wk 11	___	___	___	___	___	___	___
Wk 12	___	___	___	___	___	___	___

Month 3 Supplement Adherence: Methylfolate ☐ B12 ☐ Mg ☐ Theanine ☐ Tyrosine (Warrior) ☐ Other _____

Month 3 Exercise sessions completed: _____ Sleep average: _____ hrs Any illness or significant stressors: _____

Month 3 Biggest win this month: _____

MONTH 4 — Taper + Neurochemical Support

Week	Mood	Energy	Sleep	Anxiety	Craving	Clarity	Notes
Wk 13	___	___	___	___	___	___	___
Wk 14	___	___	___	___	___	___	___
Wk 15	___	___	___	___	___	___	___
Wk 16	___	___	___	___	___	___	___

Month 4 Supplement Adherence: Methylfolate ☐ B12 ☐ Mg ☐ Theanine ☐ Tyrosine (Warrior) ☐ Other _____

Month 4 Exercise sessions completed: _____ Sleep average: _____ hrs Any illness or significant stressors: _____

Month 4 Biggest win this month: _____

MONTH 5 — Taper + Neurochemical Support

Week	Mood	Energy	Sleep	Anxiety	Craving	Clarity	Notes
Wk 17	___	___	___	___	___	___	___
Wk 18	___	___	___	___	___	___	___
Wk 19	___	___	___	___	___	___	___
Wk 20	___	___	___	___	___	___	___

Month 5 Supplement Adherence: Methylfolate ☐ B12 ☐ Mg ☐ Theanine ☐ Tyrosine (Warrior) ☐ Other _____

Month 5 Exercise sessions completed: _____ Sleep average: _____ hrs Any illness or significant stressors: _____

Month 5 Biggest win this month: _____

MONTH 6 — Taper + Neurochemical Support

Week	Mood	Energy	Sleep	Anxiety	Craving	Clarity	Notes
Wk 21	___	___	___	___	___	___	___
Wk 22	___	___	___	___	___	___	___
Wk 23	___	___	___	___	___	___	___
Wk 24	___	___	___	___	___	___	___

Month 6 Supplement Adherence: Methylfolate ☐ B12 ☐ Mg ☐ Theanine ☐ Tyrosine (Warrior) ☐ Other _____

Month 6 Exercise sessions completed: _____ Sleep average: _____ hrs Any illness or significant stressors: _____

Month 6 Biggest win this month: _____

MONTH 7 — Environmental Redesign

Week	Mood	Energy	Sleep	Anxiety	Craving	Clarity	Notes
Wk 25	___	___	___	___	___	___	___
Wk 26	___	___	___	___	___	___	___
Wk 27	___	___	___	___	___	___	___
Wk 28	___	___	___	___	___	___	___

Month 7 Supplement Adherence: Methylfolate ☐ B12 ☐ Mg ☐ Theanine ☐ Tyrosine (Warrior) ☐ Other _____

Month 7 Exercise sessions completed: _____ Sleep average: _____ hrs Any illness or significant stressors: _____

Month 7 Biggest win this month: _____

MONTH 8 — Environmental Redesign

Week	Mood	Energy	Sleep	Anxiety	Craving	Clarity	Notes
Wk 29	___	___	___	___	___	___	___
Wk 30	___	___	___	___	___	___	___
Wk 31	___	___	___	___	___	___	___
Wk 32	___	___	___	___	___	___	___

Month 8 Supplement Adherence: Methylfolate ☐ B12 ☐ Mg ☐ Theanine ☐ Tyrosine (Warrior) ☐ Other _____

Month 8 Exercise sessions completed: _____ Sleep average: _____ hrs Any illness or significant stressors: _____

Month 8 Biggest win this month: _____

MONTH 9 — Environmental Redesign

Week	Mood	Energy	Sleep	Anxiety	Craving	Clarity	Notes
Wk 33	___	___	___	___	___	___	___
Wk 34	___	___	___	___	___	___	___
Wk 35	___	___	___	___	___	___	___
Wk 36	___	___	___	___	___	___	___

Month 9 Supplement Adherence: Methylfolate ☐ B12 ☐ Mg ☐ Theanine ☐ Tyrosine (Warrior) ☐ Other _____

Month 9 Exercise sessions completed: _____ Sleep average: _____ hrs Any illness or significant stressors: _____

Month 9 Biggest win this month: _____

MONTH 10 — Environmental Redesign

Week	Mood	Energy	Sleep	Anxiety	Craving	Clarity	Notes
Wk 37	___	___	___	___	___	___	___
Wk 38	___	___	___	___	___	___	___
Wk 39	___	___	___	___	___	___	___
Wk 40	___	___	___	___	___	___	___

Month 10 Supplement Adherence: Methylfolate ☐ B12 ☐ Mg ☐ Theanine ☐ Tyrosine (Warrior) ☐ Other _____

Month 10 Exercise sessions completed: _____ Sleep average: _____ hrs Any illness or significant stressors: _____

Month 10 Biggest win this month: _____

MONTH 11 — Environmental Redesign

Week	Mood	Energy	Sleep	Anxiety	Craving	Clarity	Notes
Wk 41	____	____	____	____	____	____	____
Wk 42	____	____	____	____	____	____	____
Wk 43	____	____	____	____	____	____	____
Wk 44	____	____	____	____	____	____	____

Month 11 Supplement Adherence: Methylfolate ☐ B12 ☐ Mg ☐ Theanine ☐ Tyrosine (Warrior) ☐ Other _____

Month 11 Exercise sessions completed: _____ Sleep average: _____ hrs Any illness or significant stressors: _____

Month 11 Biggest win this month: _____

MONTH 12 — Environmental Redesign

Week	Mood	Energy	Sleep	Anxiety	Craving	Clarity	Notes
Wk 45	____	____	____	____	____	____	____
Wk 46	____	____	____	____	____	____	____
Wk 47	____	____	____	____	____	____	____
Wk 48	____	____	____	____	____	____	____

Month 12 Supplement Adherence: Methylfolate ☐ B12 ☐ Mg ☐ Theanine ☐ Tyrosine (Warrior) ☐ Other _____

Month 12 Exercise sessions completed: _____ Sleep average: _____ hrs Any illness or significant stressors: _____

Month 12 Biggest win this month: _____

YEAR-END SUMMARY

Measure	Month 1	Month 6	Month 12	Change
Average Mood	___	___	___	
Average Energy	___	___	___	
Average Sleep	___	___	___	
Average Anxiety	___	___	___	
Average Craving	___	___	___	
Average Clarity	___	___	___	
Homocysteine (lab)	___	___	___	Target: <10 µmol/L
B12 (lab, if tested)	___	___	___	Target: >400 pg/mL

What changed most this year:

_____

_____

What supplements you're still taking (and why you're still taking them):

_____

What you want Year 2 to look like:

_____

CUT-OUT WALLET CARD — Print and carry

Your Kernel Code encodes your neurogenomic profile. Present this card to any new prescriber, pharmacist, or emergency provider. It takes 30 seconds to show — and it can prevent a dangerous prescription.

RECOVERY KERNEL
PHARMACOGENOMIC SAFETY CARD

Kernel Code: _____
Profile: _____
MTHFR: _____ COMT: _____
CYP2D6: _____

⚠ **AVOID:** _____
(e.g. codeine, tramadol, folic acid)

Emergency contact: _____
Crisis: 988 · Emergency: 911

✂

RECOVERY KERNEL
CURRENT MEDICATIONS

1. _____ _____mg
2. _____ _____mg
3. _____ _____mg
4. _____ _____mg
5. _____ _____mg
6. _____ _____mg

Current supplements:
_____
_____

github.com/JRToken-NGI/recovery-kernel